

31 MAY 2005

(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property
Organization
International Bureau



(43) International Publication Date
17 June 2004 (17.06.2004)

PCT

(10) International Publication Number
WO 2004/050192 A1

(51) International Patent Classification: A63B 23/12,
21/05

(21) International Application Number:
PCT/AU2003/001576

(22) International Filing Date:
26 November 2003 (26.11.2003)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:
2002953176 5 December 2002 (05.12.2002) AU

CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI, GB, GD,
GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR,
KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN,
MW, MX, MZ, NI, NO, NZ, OM, PG, PH, PL, PT, RO, RU,
SC, SD, SE, SG, SK, SL, SY, TJ, TM, TN, TR, TT, TZ, UA,
UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.

(84) Designated States (regional): ARIPO patent (BW, GH,
GM, KE, LS, MW, MZ, SD, SL, SZ, TZ, UG, ZM, ZW),
Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM),
European patent (AT, BE, BG, CH, CY, CZ, DE, DK, EE,
ES, FI, FR, GB, GR, HU, IE, IT, LU, MC, NL, PT, RO, SE,
SI, SK, TR), CAPI patent (BF, BJ, CF, CG, CI, CM, GA,
GN, OQ, GW, ML, MR, NB, SN, TD, TO).

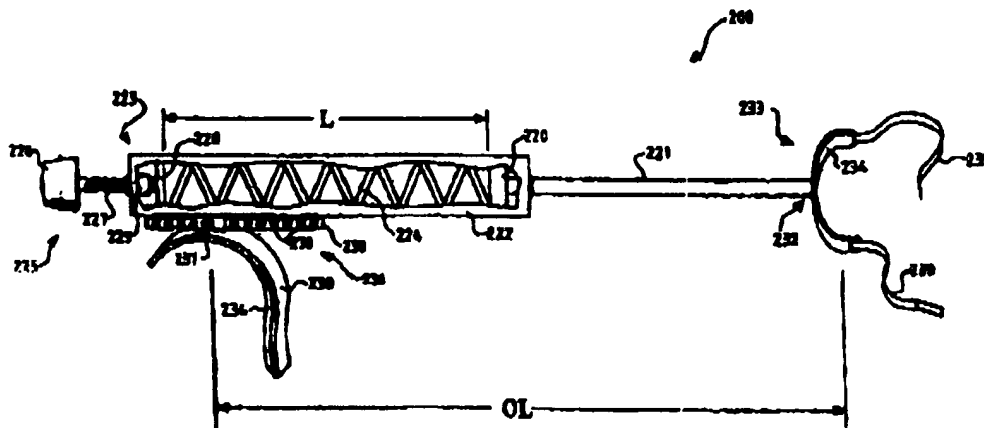
(71) Applicant and
(72) Inventor: ADCOCK, Danny, Leonard [AU/AU]; 33
Crystal st, Petersham, NSW 2049 (AU).

Published:
— with international search report

(81) Designated States (national): AE, AG, AL, AM, AT, AU,
AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN, CO, CR,

For two-letter codes and other abbreviations, refer to the "Guid-
ance Notes on Codes and Abbreviations" appearing at the begin-
ning of each regular issue of the PCT Gazette.

(54) Title: EXERCISE DEVICE AND METHOD



(57) Abstract: A device for the exercise of the musculature of the upper arm, said device adapted to provide a resistance force to the rotational movement about the elbow of the forearm towards the upper arm and wherein said rotational movement lies between the limits of approximately an angle of 90° at the elbow and that angle between said forearm and said upper arm limited by contact between said forearm and said upper arm.

WO 2004/050192 A1